

Exercise 3: LISTENING SELF-ASSESSMENT

Purpose ☉ This activity is designed to assess your listening style.

Directions For each statement, put an "X" under the category (Usually, Sometimes, Or Seldom) that best describes the frequency with which you *DO* or *AGREE WITH* the statement.

After completing the exercise, ask yourself:

- What situation caused me difficulty in listening?
- What did I do?
- What could I do to improve?

	Usually	Sometimes	Seldom
1. I can't stand it when people talk to me about irrelevant issues, meaningless personal stuff, etc.			
2. When I'm pressed for time, I try to get something else done while talking to people about simple matters.			
3. Because people have "hidden agendas," you can't really trust what they say. It's best to rely on your own interpretation.			
4. Most of the people I meet have a hard time getting their ideas across to me.			
5. I like to keep a lot of physical distance between me and other people when we talk.			
6. I believe in "letting it all hang out." If someone says something that makes me mad, I let them know it right away.			
7. I answer the phone, even when I'm talking with someone about something important.			
8. People are pretty predictable; I've found they don't change much over the years.			
Subtotals			

	Usually	Sometimes	Seldom
9. I find it harder to focus my attention when I'm tired.			
10. I can listen with "half an ear" and still pick up the main points of a social conversation.			
11. I try to stay away from conversations I don't understand. What's the point in getting in over my head?			
12. I worry about what other people think of me when they're talking to me.			
13. A person's grammar is a pretty good indication of intelligence.			
14. I find that I tune people out who are taking the opposite side in an argument.			
15. I can tell what a person is going to say almost before he or she says it.			
16. I encourage people to tell me about difficulties or problems they are having.			
17. I try not to think about other things when someone is talking to me.			
18. No matter what the topic, I can find something that interests me.			
19. If I find I'm losing track of a conversation, I concentrate harder.			
20. When I'm involved with a pressing matter that can't wait and someone wants to talk to me, I set a time to see them later.			
21. When I listen, I can separate my own ideas and thoughts from the ideas and thoughts being said.			
22. There is an underlying meaning in most people's communication, although sometimes it may not be clear.			
23. Facts are important, but they are not the whole story.			
24. I can maintain some perspective when someone mentions a "pet peeve" of mine.			
25. When it comes to people, you can't judge a book by its cover.			
26. I feel pretty self-confident in my dealings with people.			
Subtotals			

	Usually	Sometimes	Seldom
27. I try not to let my mind wander when someone speaks slowly.			
28. A person needs to feel physically comfortable before he or she can talk comfortably.			
29. People still have the capacity to surprise me, even after I've known them a long time.			
30. I try to get the "big picture" when talking to someone.			
Subtotals			

Scoring your Assessment

Turn to Appendix B for the Listening Self-Assessment Score Interpretation.

Total from Items 1 thru 15: _____

Total from Items 16 thru 30: _____

Total Points: _____